



Preventing Alzheimer's with Cognitive Training

PACT

NEWSLETTER

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REMINDERS

Your commitment to PACT as a new or continuing participant is invaluable! We appreciate the time and effort you devote to participate in the PACT study.

Please remember, you will be enrolled in the study for at least 3 years. During this time, we ask that you **do not** enroll in any new research studies or participate in any other computerized brain training programs outside of PACT. **If your contact information has changed, please call or email us so we can update your information.**

Thank you for your contribution and commitment to the fight against dementia such as Alzheimer's disease.

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Meet the PACT Team

We appreciate everyone involved in our fight against Alzheimer's disease. In this issue, we want to introduce you to **Andrew O'Shea** from the University of Florida.



Andrew is a research coordinator at the University of Florida. He completed a B.A. degree from the University of Michigan in Psychology and a M.Sc. degree from King's College London in Mental Health Studies. His professional interests include neuroimaging, data analysis, and project management.

His hobbies include raising his 22-month-old son Ian, playing with his two cats, fitness, board games, trivia, and watching sports.

Thank you, Andrew, for all that you do for PACT. We are extremely fortunate to have you on our team!

- The PACT Team

In The News

The University of South Florida, University of Florida, and Clemson University have expanded ground-breaking dementia prevention research to Sarasota, downtown Jacksonville, and Greenville, SC. The universities and healthy older adult volunteers from Florida and upstate South Carolina will play an increasingly crucial role in the landmark PACT study. PACT study expansion will increase USF's expected study enrollment from 2354 to 3567, UF's expected enrollment from 500 to 838, and Clemson's expected enrollment from 650 to 1050 over the next two years. *Read more about it:* [Herald-Tribune](#), [UNF Newsroom](#), [Clemson News](#)

PACT Study Sites

Our study team is always available to answer any questions you have at any time.

Please contact your nearest study site by phone or email.

- **University of South Florida – Tampa, FL**
(813) 974-6703 USFtampaPACT@gmail.com
- **University of South Florida – St. Pete, FL**
(727) 873-4090 USFPACT@gmail.com
- **University of South Florida – Lakeland, FL**
(863) 800-0835 USFlakelandPACT@gmail.com
- **University of South Florida – Sarasota**
(941) 500-4447 USFtampaPACT@gmail.com
- **University of Florida – Gainesville, FL**
(352) 294-8314 PACTUF@phhp.ufl.edu
- **University of Florida – downtown Jacksonville, FL**
(904) 244-4695 PACTUFJAX@jax.ufl.edu
- **Duke University – Durham, NC**
(919) 668-3154 PACTstudy@duke.edu
- **University of North Florida – Jacksonville, FL**
(904) 620-4263 PACTJax@unf.edu
- **Clemson University – Seneca, SC**
(864) 916-6220 PACT@Clemson.edu
- **Clemson University – Greenville, SC**
(864) 916-6220 PACT@Clemson.edu

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Questions and Answers

Can I keep playing after I complete a single session?

- Please only work on your exercises for up to 1 hour a day. Research indicates it is unlikely you will receive benefit after more than 1 hour of working on the exercises. We recommend that you spend 1 hour, 2 to 3 times a week completing the exercises. If you are having difficulty spending 1 hour completing the exercises, then you can complete training in shorter time periods. You could, for example, split the 1-hour session into 3, 20-minute sessions, 4 to 6 times a week. As another example, you may work on the exercises 20 minutes daily. Please do not spend more than 1 hour per day completing exercises. We encourage you to complete training at least 2-3 hours a week. Remember too that you can take breaks whenever you want to.

Do I have to complete a session each time I work on the exercises?

- No, you do not need to complete 1 entire session each time you train. It may take you longer than 1 hour to complete a session. We ask that you complete only 1 hour of training each day. You may not see the “you’ve completed your training session” notice at the end of the hour. That is okay. You are not required to complete 1 full “session” of training each day.

Is it going to be the same games? Why is repetition important?

- Improving brain abilities over time requires repetition. By repeating the same exercises, the brain is able to make progress and retain learned abilities. Just like when you are building muscles in the body, you need multiple repetitions. Making new connections in the brain also requires repetition.

Is it ok to keep playing Sudoku, doing crosswords, Word with Friends, etc.?

- Yes, you can continue playing games like Sudoku, crosswords, and Words with Friends. We ask that you please do not participate in any other computerized brain training programs outside of the PACT study.

When will study results be available?

- It may take several years before we publish the findings from the study, but we will be happy to share the results with you at that time. In the meantime, we will tell you about any new information that may affect your health, well-being, or choice to stay in this research. We will share with you the results of the study. Results should be available in about 7-10 years from study start, which will be in about 2028-2030.

We look forward to seeing you again in person at your 3-year visit!

In warm appreciation for your commitment to our research and the fight against Alzheimer’s disease.